

# COMMON VAPING MYTHS



## MYTH:

***E-CIGS AND VAPING DEVICES ARE SAFER THAN CONVENTIONAL CIGARETTES***

**FACT:** E-cigarettes are unsafe for kids, teens, and young adults. Most e-cigarettes contain nicotine which is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.

Vaping products have health risks and most contain nicotine which is highly addictive. These products are also unsafe for pregnant women. Adult nonsmokers should not start vaping or using any other tobacco product. Currently the long-term effects of e-cigarette use are not known.

## MYTH:

***THE ONLY TOXIC CHEMICAL IN VAPE JUICE IS NICOTINE.***

**FACT:** Vape juice contains 31 chemicals or more. Some chemicals, such as formaldehyde, become toxic when heated. Nicotine is also highly addictive and can affect the developing brain.

## MYTH:

***IT'S JUST FLAVORING***

**FACT:** E-cigarettes or vaping products get their flavoring from chemicals. While some of these chemical flavors are safe to eat, they are not safe when inhaled into the lungs.

## MYTH:

***FORMALDEHYDE IS NOT HARMFUL WHEN USED IN A VAPING DEVICE***

**FACT:** Formaldehyde becomes toxic when heated by a vape device. It is not safe when inhaled.

## MYTH:

***THERE ARE VAPES THAT DON'T CONTAIN NICOTINE***

**FACT:** A study found that 99% of vaping devices contain nicotine. Different e-cigarette brands contain different amounts of nicotine. Some vapes even contain the same amount of nicotine as 20 regular cigarettes.

## MYTH:

***E-CIGARETTES AND VAPING DEVICES PRODUCE WATER VAPOR***

**FACT:** E-cigarettes do not produce harmless water vapor. The Surgeon General reports that e-cigarettes produce an aerosol that can contain harmful chemicals including heavy metals, volatile organic compounds, and ultra-fine particles that can remain in the lungs.

## MYTH:

***VAPING CAN HELP ME QUIT SMOKING CIGARETTES***

**FACT:** The Food and Drug Administration has not approved any e-cigarette or vaping product to help quit tobacco products.

For free and confidential information about quitting visit [YesQuit.org](https://www.yesquit.org) or call the Texas Tobacco Quitline at 1-877-YES-QUIT.

Please contact [Tobacco.Free@dshs.texas.gov](mailto:Tobacco.Free@dshs.texas.gov) for sources.

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